



07 3398 2790



www.spartansbasketball.com

HEAT POLICY

1. Overview

Southern District Basketball Association Limited (SDBAL) works within the Basketball Queensland guidelines on Heat Policy.

2. High Temperature Forecast

Where high temperatures are expected game organisers must make reasonable attempts to ensure:

- Full knowledge of availability of first aid equipment and first aid and medical personnel is accessible by all persons attending
- Referees and other officials are aware of the symptoms of heat stress and are instructed to be on the alert to notice any such symptoms
- Referees are instructed to initiate regular extra time-outs during the game and to shorten the game if necessary
- Players are made aware of the need to hydrate regularly before and after the game and that facilities are available for them to do so
- Facilities are available for players and other persons to externally cool themselves with water, fans or other facilities
- Adequate supplies of ice and/or ice packs are available for use where appropriate
- Proper advice is available to coaches and players on the effects of heat, symptoms of heat stress, the need for proper hydration and the facilities that are available to prevent or treat heat stress.

3. Temperature Readings

The thermometer located at the bottom of the stairs on court one will provide the reference point for court temperature and humidity. When determining whether to apply the heat policy, the temperature and humidity will be plotted on the Bureau of Meteorology graph below to determine the apparent temperature and on hot days readings will be taken hourly whilst the stadium is in use. All readings will be logged and kept on permanent record.

4. Temperature Ranges and Actions

- **Below 30°C**
Normal Play: Games and training sessions proceed as scheduled.
Hydration: Encourage regular hydration breaks.
- **30°C to 36°C**
Increased Monitoring: Coaches and officials should closely monitor players for signs of heat stress.
Hydration: Mandatory referee time-out every 10 minutes
- **36°C to 38°C**
Modified Play: Implement shorter game periods, 8-minute quarters with 2-minute hydration breaks.

- **38°C and above**
Suspension/Abandonment of Play: All games and training sessions should be suspended, postponed or abandoned.
Communication: Inform all participants of the suspension, provide guidelines for re-scheduling or if abandoned final scores will be recorded as specified in section 12.1 of the Domestic Competition By-Laws.
- **Prior to the Event**
Education: Educate players, coaches and officials on the signs of heat stress and the importance of hydration.
- **During the Event**
Cooling Measures: Use fans, cool towels and ice packs to help players cool down during breaks.